

## Full Report (All Nutrients) 09024, Apricots, canned, juice pack, with skin, solids and liquids

Report Date: July 01, 2017 13:21 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.7 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 244g	1 apricot half with liquid 36g
<b>Proximates</b>						
Water	g	86.62	7	0.102	211.35	31.18
Energy	kcal	48	--	--	117	17
Energy	kJ	201	--	--	490	72
Protein	g	0.63	8	0.023	1.54	0.23
Total lipid (fat)	g	0.04	7	0.015	0.10	0.01
Ash	g	0.37	7	0.014	0.90	0.13
Carbohydrate, by difference	g	12.34	--	--	30.11	4.44
Fiber, total dietary	g	1.6	--	--	3.9	0.6
Sugars, total	g	10.74	--	--	26.21	3.87
<b>Minerals</b>						
Calcium, Ca	mg	12	8	0.535	29	4
Iron, Fe	mg	0.30	8	0.040	0.73	0.11
Magnesium, Mg	mg	10	6	0.221	24	4
Phosphorus, P	mg	20	6	0.954	49	7
Potassium, K	mg	165	7	8.920	403	59
Sodium, Na	mg	4	7	0.367	10	1
Zinc, Zn	mg	0.11	6	0.018	0.27	0.04
Copper, Cu	mg	0.054	6	0.010	0.132	0.019
Manganese, Mn	mg	0.052	--	--	0.127	0.019
Selenium, Se	µg	0.1	--	--	0.2	0.0
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	4.9	8	0.236	12.0	1.8

Nutrient	Unit	1			1 cup, halves 244g	1 apricot half with liquid 36g
		Value Per100 g	Data points	Std. Error		
Thiamin	mg	0.018	6	0.003	0.044	0.006
Riboflavin	mg	0.019	6	0.001	0.046	0.007
Niacin	mg	0.344	3	0.028	0.839	0.124
Pantothenic acid	mg	0.092	--	--	0.224	0.033
Vitamin B-6	mg	0.054	--	--	0.132	0.019
Folate, total	µg	2	--	--	5	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	--	--	5	1
Folate, DFE	µg	2	--	--	5	1
Choline, total	mg	1.8	--	--	4.4	0.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	85	7	7.683	207	31
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1010	--	--	2464	364
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	10	--	--	24	4
Vitamin A, IU	IU	1691	7	153.659	4126	609
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	26	--	--	63	9
Vitamin E (alpha-tocopherol)	mg	0.60	--	--	1.46	0.22
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	2.2	--	--	5.4	0.8
<b>Lipids</b>						
Fatty acids, total saturated	g	0.003	--	--	0.007	0.001
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1	Data points	Std. Error	1 cup, halves	1 apricot half with liquid
		Value Per100 g			244g	36g
16:0	g	0.002	--	--	0.005	0.001
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.017	--	--	0.041	0.006
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.017	--	--	0.041	0.006
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.007	--	--	0.017	0.003
18:2 undifferentiated	g	0.007	--	--	0.017	0.003
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.011	--	--	0.027	0.004
Threonine	g	0.023	--	--	0.056	0.008
Isoleucine	g	0.019	--	--	0.046	0.007
Leucine	g	0.037	--	--	0.090	0.013
Lysine	g	0.044	--	--	0.107	0.016
Methionine	g	0.003	--	--	0.007	0.001
Cystine	g	0.002	--	--	0.005	0.001
Phenylalanine	g	0.026	--	--	0.063	0.009
Tyrosine	g	0.015	--	--	0.037	0.005
Valine	g	0.023	--	--	0.056	0.008
Arginine	g	0.024	--	--	0.059	0.009
Histidine	g	0.010	--	--	0.024	0.004
Alanine	g	0.031	--	--	0.076	0.011
Aspartic acid	g	0.145	--	--	0.354	0.052
Glutamic acid	g	0.064	--	--	0.156	0.023

Nutrient	Unit	1	Data points	Std. Error	1 cup, halves	1 apricot half with liquid
		Value Per100 g			244g	36g
Glycine	g	0.019	--	--	0.046	0.007
Proline	g	0.038	--	--	0.093	0.014
Serine	g	0.036	--	--	0.088	0.013
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
<b>Flavonoids</b>						
Isoflavones						
Daidzein <a href="#">1</a>	mg	0.00	1	--	0.00	0.00
Genistein <a href="#">1</a>	mg	0.00	1	--	0.00	0.00
Total isoflavones <a href="#">1</a>	mg	0.00	1	--	0.00	0.00

<sup>1</sup>Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331